



## ROLE OF YOGA TO DEVELOP SPIRITUALISM AMONG TEENAGERS IN THE 21<sup>ST</sup> CENTURY

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### ABSTRACT

Yoga is an important part of health and spiritual practices for teenagers. Yoga is used by a growing number of teenagers as a means to improve their spiritualism. It opens teenagers to their greater qualities of kindness, compassion and nonviolence. The spiritualism of yoga are the most fulfilling and long lasting. Yoga plays a vital role for development of spiritualism in teenagers. Spiritualism is the process of becoming fit for a higher level of development in the spiritual world. Teenager's beliefs have a strong influence on his ability to develop spiritualism. Each teenager is born with spiritual instinct, but our bad societal attitudes destroy this instinct, in most teenagers losing their awareness of their natural abilities as they mature. To develop spiritualism, teenager must be accepting of the phenomena and must continually look for spiritual influence in his life in the form of coincidences, hunches, and many other unusual phenomena. In this way they will be able to increase their awareness of spiritual influence in life and notice more and more activity on spiritualism. This positive feedback will lead to improvement and enhancement of their spiritualism. The regular practices of meditation and relaxation is also helpful for teenagers to develop spiritualism. These practices calm the mind and allow teenager to notice subtle thoughts, impressions and sensations that may be associated with spiritual phenomena. Spiritualism is the basis for a better and more harmonious life for teenagers, a life free of tension, fear, and anxiety. Spiritualism is a method of growing and becoming a stronger, happier and more responsible person. It gives inner strengths to teenagers to manage difficult situations and to keep smiling. Yoga is so much more than just asana. This path can also take teenager on an interior journey to meet the truth. Yoga encourages teenagers for self-trust by valuing one's internal voice. Thus, purpose of this paper makes an attempt to analyse the role of yoga to develop spiritualism among teenagers in the 21<sup>st</sup> century.

**KEYWORDS:** Spiritualism, Teenagers, Yoga.

### INTRODUCTION:

Spiritualism is the capacity within human beings that allows for all of the states and activities of the human mind in its exploration of what it means to be human—not just the question of what it means to be human, but the experience of what it means to be human. Being in a state of wonder, wondering about something, relating to others, seeing the invisible are all a part of the exploration of the experience of being human. Sensing awareness, mystery, or spiritual questing are also part of this exploration. Self-reflective consciousness undergirds all of these activities. The yoga definition of spiritualism is the process of coming to a state of full self-actualization, or awareness, by working toward higher levels of consciousness through self-discovery. Embarking on a spiritual journey is a unique experience to teenagers, as it is a journey into oneself. However, those who undertake the journey are the better for it. They are calmer, have a greater awareness of both themselves and the world around them, they exude positive energy and often appear younger than they really are. It takes years to achieve spiritual enlightenment and bliss through yoga, but mere days before you start noticing the spiritual development that comes with the study of yoga. Spiritualism is the process of growing the intrinsic human capacity for self-transcendence, in which the self is embedded in something greater than itself, including the sacred. It is the developmental engine that propels the search for connectedness, meaning, purpose, and contribution. It is shaped both within and outside of religious traditions, beliefs and practices.

In yoga teenager learn, through practice, to overcome the tendency to be self-deluded, or to live a self-destructive life. Freeing their body of tension and their mind and emotions of turbulence, they discover their true self and dwell in it. Teenager make their contact with the lord of their heart and enter an ecstatic, eternal relationship. Spiritualism is a metaphysical belief that the world is made up of at least two fundamental substances, matter and spirit. This very broad metaphysical distinction is further developed into many and various forms by the inclusion of details about what spiritual entities exist such as a soul, the afterlife, spirits of the dead, deities and mediums; as well as details about the nature of the relationship between spirit and matter. It may also refer to the philosophy, doctrine, or religion pertaining to a spiritual aspect of existence. Yoga encourages the teenager to experience his or her highest potential of well-being, a state of integration of body, mind, and spirit. Yoga is believed to help the mind focus and modulate the autonomic nervous system, thereby promoting relaxation and an overall sense of well-being. Spiritualism is a religion of growth and we are continuing to expand and welcome new opportunities to share the truth and knowledge that we have with all of those who inquire. Spiritualism encourages growth of loving consciousness in the physical world not only for the immediate benefits, but also the future rewards in the spiritual dimensions. Yoga is multifaceted and can be defined by many schools and branches of thought. Each lineage has many exceptions and differences, but they all share one commonality, the concern with consciousness, or state of being. Many people begin practicing Yoga as a way to keep fit, maintain flexibility, or achieve health. It is a mind-body practice that helps to promote a positive, direct experience with the body.

### Spiritualism- What is it for teenagers?

His divine power has given them everything they need for life and godliness through their knowledge of him who called them by his own glory and goodness. Through these he has given them his very great and precious promises, so that through them they may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to their faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love.

So, spiritualism includes:

1. Increasing in their knowledge and understanding of God's World.
2. Decreasing in their frequency and severity of sin.
3. Increasing in their practice of God-like qualities.
4. Increasing in their faith and trust in God.

Perhaps the best summary of spiritualism is becoming more like God.

### Spiritualism – How is it done for teenagers?

In order for spiritualism to occur, teenager first need to make sure they possess a true spiritual life through faith in God. Learning how to grow spiritually is a life-long journey which occurs teenager read and apply God's Word to their life. Spiritualism is a life-long process of manifesting the acts of the flesh less and less and producing the fruit of the spirit more and more. God works different teenager in different ways. Some teenager grow rapidly, while others grow slowly, but steadily. Yoga's unique strength is its blending of physical exercise, with the development of spiritualism. An intensive yoga practice may significantly increase specific aspects of teenager's spiritualism, mindfulness, and mood. These changes are dependent in part on their original spiritual/religious self-perception, and there are strong correlations amongst these constructs.

### Spiritualism gives inner strength to teenagers

For, teenagers, spiritualism is all about living a happier life in the moment, responding to situations rather than reacting, de-programming and connecting with them self to come with a fresh response to situations that repeat. The practice of yoga and meditation prove to be a powerful combination and many enthusiasts like to round their yoga routine with a meditation. When the wobbling body becomes steadier and the disturbed mind becomes calmer, meditation can provide a deep sense of relaxation. Spiritualism gives inner strength to manage difficult situations and to keep smiling. Being established in the self, teenagers inner peace spreads outward, and makes teenager a more responsible human being full of caring, sharing and love. In sleep teenager get rid to fatigue, but the deeper stresses remain in teenager body. Meditation and yoga cleanses even the deepest layers of teenager consciousness, leaving them rested and refreshed. Spiritualism's main focus is to promote an individual's personal experience with God. It is

a religion that is not based on a relationship with a particular savior. It recognizes all prophets that have come to humankind throughout the ages, not setting one above the other. Rather, it is based upon the idea that we are all to form our own relationship with God, and to obtain guidance and accept responsibility for our actions based on our interaction with the personal guidance. We are able to have that instant and personal communication directly with God through no intermediary; hence the reason that we do not give anyone a fixed idea of God, only that there is a God. Any attempt to personalize the idea of God only limits the totality of that intelligence, which is the reason that spiritualists sometimes refer to that idea of God as infinite intelligence or infinite spirit.

### Spiritualism in teenagers

This simplifies the question of the nature of spiritualism in teenagers. Those properties, capacities, faculties, or sensitivities having to do with human consciousness and the self-reflective nature of our consciousness define the spiritual nature of human existence. In teenagers, spiritualism includes the capacities for wonder, wisdom, wondering, relating, and sometimes seeing the invisible. It also includes special kinds of "sensing" which we do not consider other animals to have, such as awareness sensing, mystery sensing, and spiritual questing. It includes the faculties of faith and morality, as well as gratitude and compassion. These all define the ineffable essence of what it means to be human and is the same for teenagers as it is with adults.

### Importance of the recognition of the spiritualism among teenager

In teenagers, spiritual capacities are sometimes recognized, valued, and cultivated or give the space in which the teenager might cultivate them, but at other times, they are not recognized and therefore not valued as essential to being human. In some instances, these capacities are recognized but not valued, or perhaps even seen as troublesome or threatening. In more sinister instances, these capacities are used as a means of exploitation, such as in the indoctrination of teenagers into belief systems that are harmful to them. After recognition of the value, perhaps even the sacred value of the spiritual nature of teenagers, the next most important role of the adult in the spiritual life of the teenager is to engage them in these capacities. This speaks to the relational nature of spiritualism, it is dependent on relational context for its development. Spiritualism, itself, as a concept of communication between those in the body and those in spirit, has been a part of the human story for centuries. Spiritualism is the belief that the spirits of the dead have both the ability and the inclination to communicate with the living. Spiritualism is a science, philosophy and religion; because it investigates, analyses, and classifies facts and manifestations of spirit, it study the laws of nature both on the seen and unseen side of life and bases its conclusions upon present, observed facts and it also strives to understand and comply with the physical, mental and spiritual laws of nature, which are the laws of God. Yoga is a practice that does not require adoption of religious beliefs or dogma, its practices are aimed at the experience of contemplative states of consciousness and spiritualism. Yoga has also been shown to impact a variety of other health-related conditions. It has proved to be a useful intervention in pain management. Yoga means union. It is believed therefore, that the practice of yoga unites aspects of the self to a core true identity, or the essential nature of the self, while creating a sense of unity with the infinite universal consciousness where all beings are experienced as one. Yoga is a Sanskrit word. It means union with God. This union is a conscious union. All Teenagers are united with God but they do not aware of it. When they practise yoga, they become conscious of their union with God. Spiritualism, itself, as a concept of communication between those in the body and those in spirit, has been a part of the human story for centuries.

In addition to conceptualizing spiritualism or the spiritual as a particular type of experience it is also helpful to conceptualize it as integral to all experience, whether it is the specific focus of the experience or not. If our spiritual nature is that which makes us most fully human then our entire existence is infused with this quality of being. In teenagers, spiritualism and spiritual development are then seen as integral to growth and development, but spiritualism also serves an integrating function. The meaning making involved in spiritualism helps the teenager to put together a working model of or perspective on life that serves the purpose of furthering her development. Spiritualism is the belief that spirits are able to communicate with the living by agency of a medium. Millions of teenager throughout the world today practice yoga for spiritual reasons. Through yoga they contact their higher consciousness and the lord of their hearts. Spiritualism is a religion that embodies the main ideas of all religions, that there is a life after death, immortality and the existence of a God. The aim of spiritualism is to effect an at-one-ment and unison of humanity with God until every action and thought of humanity is in perfect harmony with the divine will. Spiritualism becomes the study of this earthly life's purpose as spirit here and now and as such empowers anyone to take charge of the development of their own spirituality, continually aiming to progress and live life with a fuller understanding and a greater learning experience for the spirit.

### Yoga for teenagers

Present days, Yoga Education is being imparted to teenagers by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, yoga Training Centres, and Yoga Research Centres etc. Yoga is physical, for sure. Regularly practicing yoga develops teenager's stamina, their strength, and their rock star abs. Postures challenge the body. However, yoga is also a mental practice where they work through emotional stress and psychological

challenges, they may even meditate. Yoga is the science that teaches teenagers the way, the most effective way, how to remove their defects and weaknesses, and how to attain the state of perfection, freedom and super-conscious blessedness. The state in which there is union with the absolute Yoga is teenager's unique heritage. Proceed upon this path gradually and steadily. Nothing can Yoga does not want teenager to turn away from life, it demands spiritualization of life. Yoga has an unparalleled utility and curative value not yet tapped by modern medical science. Yoga is a search for truth. It raises teenager to spiritual eminence. This form of self-education is called yoga. The practice of yoga is not opposed to any religion. It is not opposed to any sacred church. It is purely spiritual and universal in its teachings. It does not contradict anyone's sincere faith. Yoga is a subject, an inner subject, this subject has to be taught and loved. In this subject, an inner cry is of paramount importance. With our outer cry we try to possess earthly material objects. With our inner cry we try to transcend the earth bound consciousness and enter into the Heaven free consciousness. Yoga is the most favourable method to connect to the nature by balancing the mind-body connection. It is a type of exercise which performed through the balanced body and need to get control over diet, breathing, and physical postures. It is associated with the meditation of body and mind through the relaxation of body. It is very useful to control over mind and body as well as getting proper health of body and mind by reducing the stress and anxiety.

### Benefits of yoga for teenagers

Teenage yoga is an excellent way to help teenager to deal with the overwhelming emotional and physical changes that they go through during adolescence. Teenagers who practice yoga are less stressed and perform better than their counterparts in academics. If teenager is looking for a way to stay fit and healthy, yoga is a great choice. It can help teenager to develop a healthy body and mind in a disciplined manner. Teenagers can find yoga practice a little daunting in the beginning, as they fear that they aren't flexible enough to do yoga. They could be apprehensive about how they might look when they pose in different asana. Most of these fears are due to misconceptions about the practice. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga works on the level of teenager's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where they utilize the body; bhakti yoga, where they utilize the emotions; gyana yoga, where they utilize the mind and intellect; and kriya yoga, where they utilize the energy. Yoga enables teenagers to acquire perfect control over the physical body, the mind and the senses. Yoga shows them the marvellous method of rising from evil to goodness and from goodness to godliness, and then from godliness to divine splendour. Yoga has also been found to reduce the negative impact of stress on the immune system by increasing natural killer cells and immunoglobulin levels. Teenager don't have to be completely religious or spiritual to appreciate spiritual awareness. Being responsible, ethical, compassionate, kind or whatever defines well is enough reason to value spiritual consciousness. Since yoga opens up their mind to the Universe and allows them to marvel how everything was created and it's interconnected, a strong sense of spirituality is awakened with yoga. This opens them up to kindness, generosity, nonviolence, gratitude, presence, self-trust, self-value and other great many positive feelings.

Yoga has manifold benefits – Physical, emotional and spiritual. While most teenager chase the physical and mental and some the emotional benefits of yoga, there is no denying the fact that the spiritual benefits of yoga are the most fulfilling and long lasting. Having once achieved the true spirit of yoga, one can start to know oneself at leisure. The greatest part of self-discovery and enjoying one's true self as is a journey in itself. The theory and practice of yoga result in greater self-knowledge. This is not just that of the practical sort of knowledge concerned with methods and processes. They are specifically of a spiritual nature. They pertain to comprehending and something about the nature of the self itself.

### CONCLUSION:

Research has shown that yoga practice can benefit a wide range of areas in emotional and physical well-being, including those concerning teenagers, such as eating disorders and attention deficit disorders that are a part of the educational landscape. With the popularity of yoga in the last decade, literature on the subject has become available for teenagers, providing reference tools for relaxation and coping skills to decrease the stressors in academic and social arenas. As a response to personal life challenges, whether they are a result of personal choice, decisions, or circumstance, yoga and meditation has been shown to offer tools to strengthen inner resilience to face and often overcome challenges and obstacles for teenagers. Now-a-days, millions and millions of teenager across the globe have benefitted by the practice of Yoga which has been preserved and promoted by the great eminent Yoga Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day. The regular practices of yoga is helpful for teenagers to develop spiritualism. Yoga is a holistic package for happy living. It provides techniques to unite the body, mind and breath, and connect to the inner core of teenager being, the spiritual aspect of their lives.

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